



ASPEE NUTAN[®]
ACADEMY
(AFFILIATED TO CISCE)

Nurturing dreams, Creating futures

SCHOOL NEWSLETTER



Expressions

January 2026

Meet Our Team



Mrs. Nuzhat Khan
(Principal)



Mrs. Freda Almeida
(Senior Editor)



Mrs. Saleena Gardoz



Mrs. Foram Shah



Mrs. Jhanvi Sisangiya



Mrs. Numa Shaikh



Mrs. Nashrah Patel



Mrs. Shefali Kajarekar



Mrs. Ashwini



Mrs. Charmi Sheth



Mrs. Tanushree Prajapati



Mrs. Ramya Menon



Mrs. Petrea Deosta



Mrs. Sangeeta Yadav



Mrs. Sinny Parmar

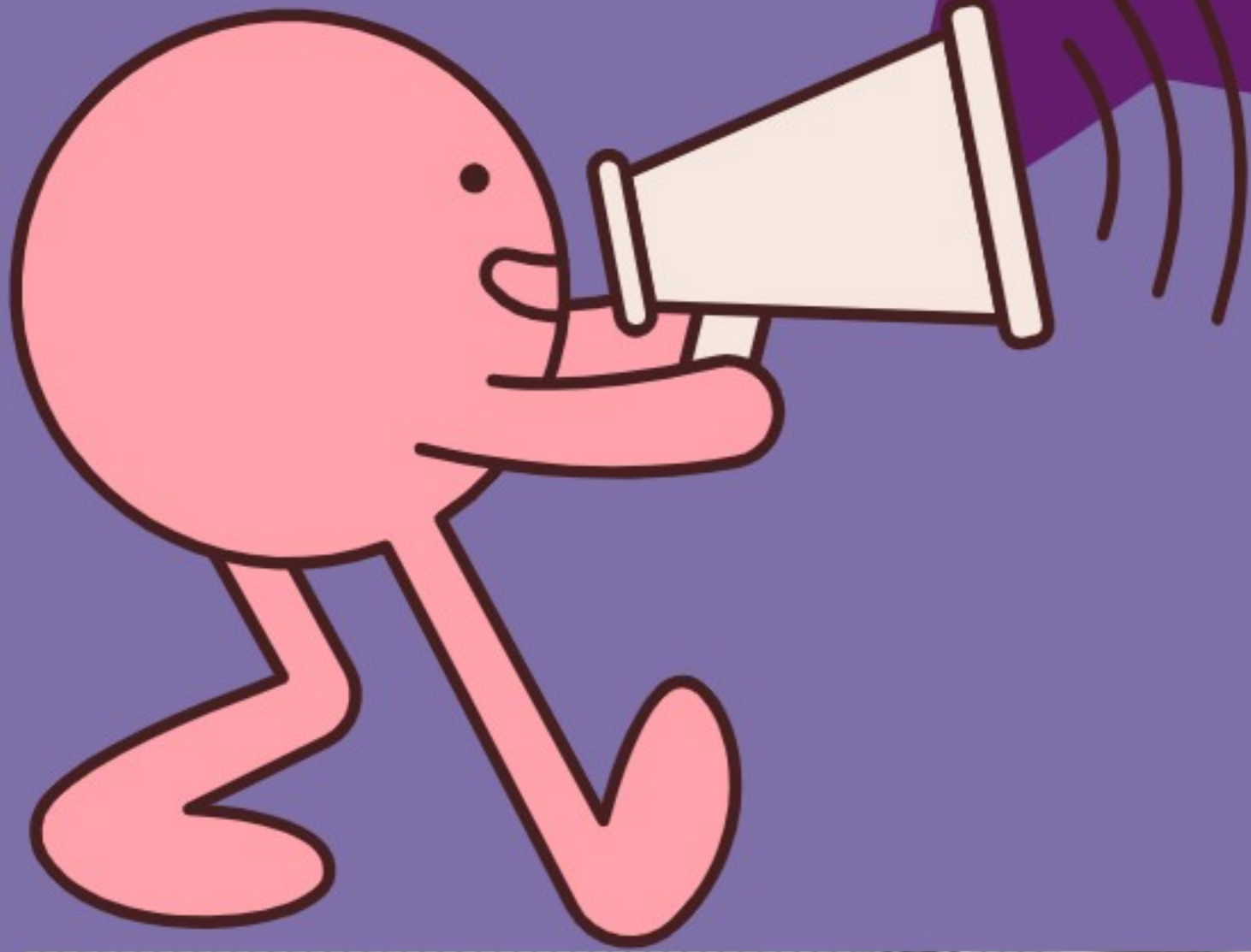


Sr. Cristopher Britto



Mrs. Jainee Vadhar

BEYOND THE CLASSROOM



Aiming High, Achieving Early 🎯

Reyansh Nadiyana's journey in indoor archery is truly inspiring. He began his training in June 2025 and, within a short time, has made a strong mark in U-7 competitions.

His achievements speak volumes about his focus and determination:

- 🏆 3 District Level – Individual Bronze
- 🏆 1 State Level – Individual Gold
- 🏆 1 National Level – Team Gold

Reyansh's success proves that with dedication and practice, even young dreams can hit the bull's-eye. We are proud of him and wish him continued success ahead! 🌟🎯

REYANSH NADIYANA - 2A

India's Hidden Gems: Villages That Inspire!

Tikhur Tola, Chhattisgarh – The Tribal Art Village



*“A culture survives
not in museums, but
in the hands that
create it every day.”*

Tucked away in the culturally rich landscape of Chhattisgarh, Tikhur Tola is a village where art is not a hobby — it is a way of life. Known for its dedication to preserving tribal art, folk music, dance, and handicrafts, the village stands as a guardian of India’s indigenous heritage. Homes here are adorned with hand-painted murals filled with symbols drawn from forests, animals, seasons, and ancestral stories. Traditional instruments and rhythmic songs accompany festivals and daily life, keeping oral traditions alive. Elders pass down techniques, patterns, and stories to the younger generation, ensuring that cultural knowledge flows naturally from one generation to the next. What makes Tikhur Tola truly inspiring is its belief that progress does not mean forgetting one’s roots. By embracing their traditions with pride, the villagers have turned cultural preservation into a source of identity, dignity, and continuity. Tikhur Tola reminds us that when communities honour their heritage, culture doesn’t fade — it flourishes.



- Many tribal art forms in Chhattisgarh are created using natural pigments from soil, leaves, and stones.
- Many tribal art forms in Chhattisgarh are created only for rituals and festivals, not for sale or display.



CULTURE ON A PLATE



Doenjang Jjigae

Doenjang Jjigae is a traditional Korean stew made using doenjang (fermented soybean paste), tofu, vegetables, and sometimes seafood or meat.

Doenjang dates back over 2,000 years, originating during Korea's Three Kingdoms period.

The fermentation method was influenced by ancient Chinese practices but evolved uniquely in Korea.

Traditionally, soybean paste was made at home and stored in earthenware jars (onggi), allowing natural fermentation.

Doenjang Jjigae became a common household dish because it used simple, locally available ingredients and leftovers.

Considered a comfort food, it represents warmth, home, and everyday Korean life.

It reflects Korean values of simplicity, sustainability, and fermentation-based nutrition.

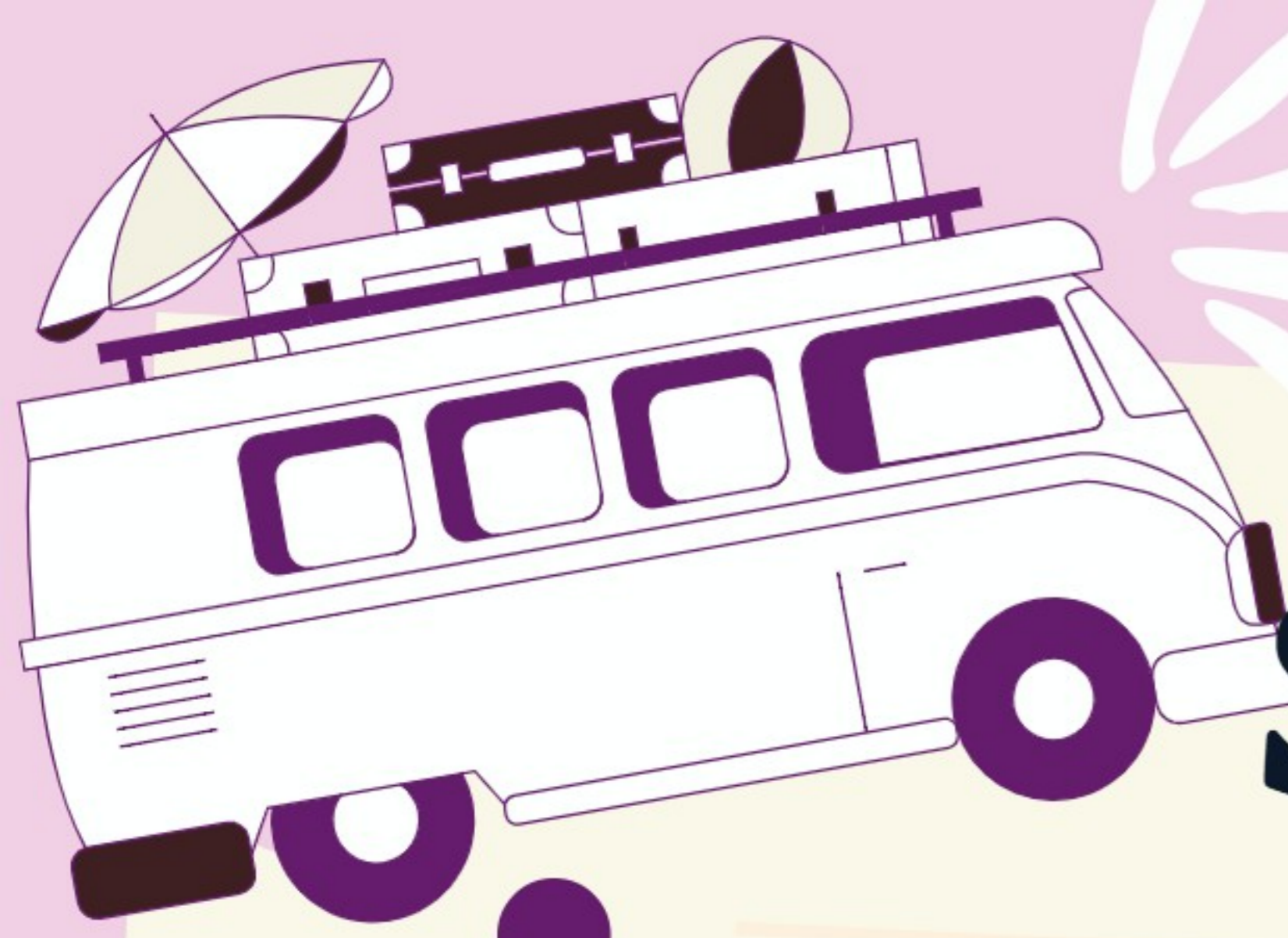
Often eaten as part of a shared meal, highlighting Korea's communal eating culture.

The stew changes by region and season, showing Korea's connection to nature and seasonal foods.

Still a staple food in homes and restaurants today.

Valued for its health benefits, including probiotics and plant-based protein.

It symbolizes the preservation of tradition in modern Korean cuisine.



Student Diaries

My Unforgettable School Trip



I recently went on an amazing school trip to Bangalore, Mysore, and Ooty, and it was one of the most exciting experiences ever. Travelling with my friends, sharing rooms, laughing together, and exploring new places made every moment full of fun and joy. In Mysore, visiting the grand Mysore Palace was a wonderful experience. Its huge halls, bright lights, and royal look amazed us all.

HIYA CHHADVA--6B

We clicked pictures, admired the beautiful designs and enjoyed learning about its history in a very interesting way. Ooty felt like a dream place with its cool weather and beautiful scenery. The Botanical Garden was full of colourful flowers and greenery, which made us feel calm and happy. Visiting the Tea Factory was also very exciting as we saw how tea is made from fresh leaves. Walking around, enjoying the fresh air and spending time with friends made Ooty very special.

In Bangalore, we explored lively places and enjoyed the energetic city atmosphere. Tasting delicious South Indian food and sweets throughout the trip added extra joy to our journey.

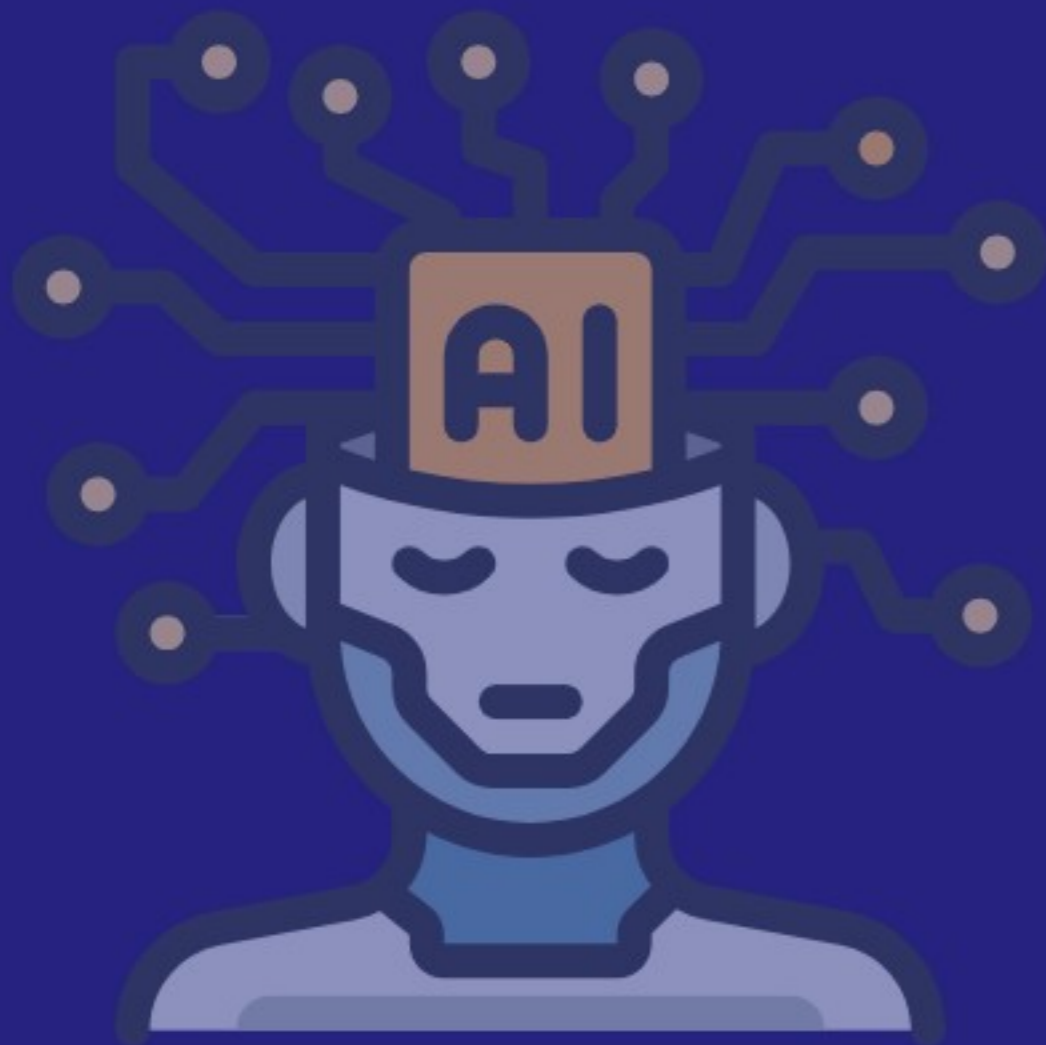
This trip gave me countless happy memories with my friends. I am very thankful to our teachers and Principal Ma'am for taking such good care of us and making this trip safe, smooth and truly unforgettable.

TECH TIPS : AI TOOLS

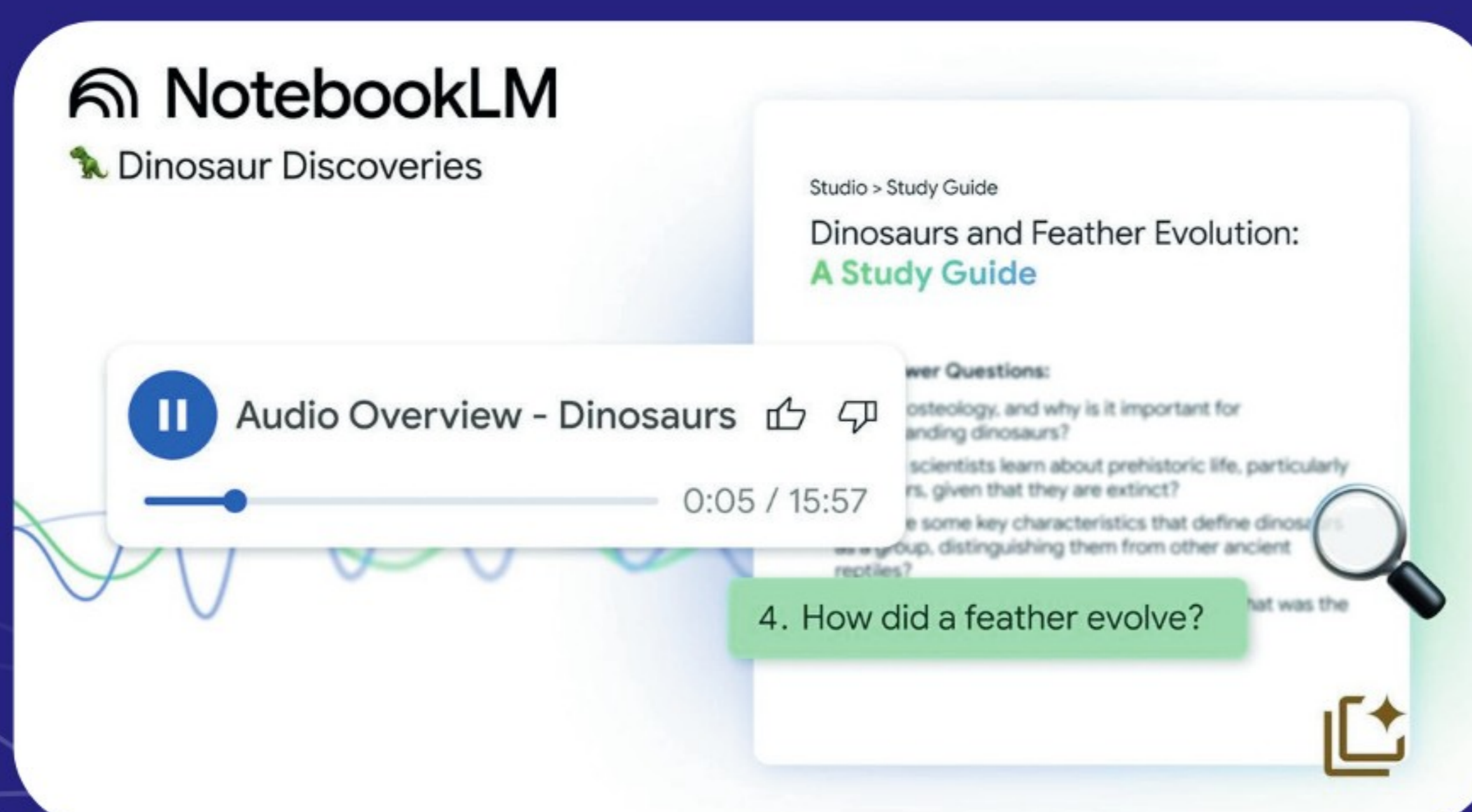
NotebookLM: *Your AI second brain*

An AI powered research tool by Google that helps you summarize and understand your own documents. It answers questions and explains content based only on the sources you upload.

WHY STUDENTS USE IT:



- ✓ Group projects
- ✓ Audio overview (Podcast mode)
- ✓ Instant Study aids
- ✓ Video Mastery



LEARN MORE

<https://notebooklm.google/>

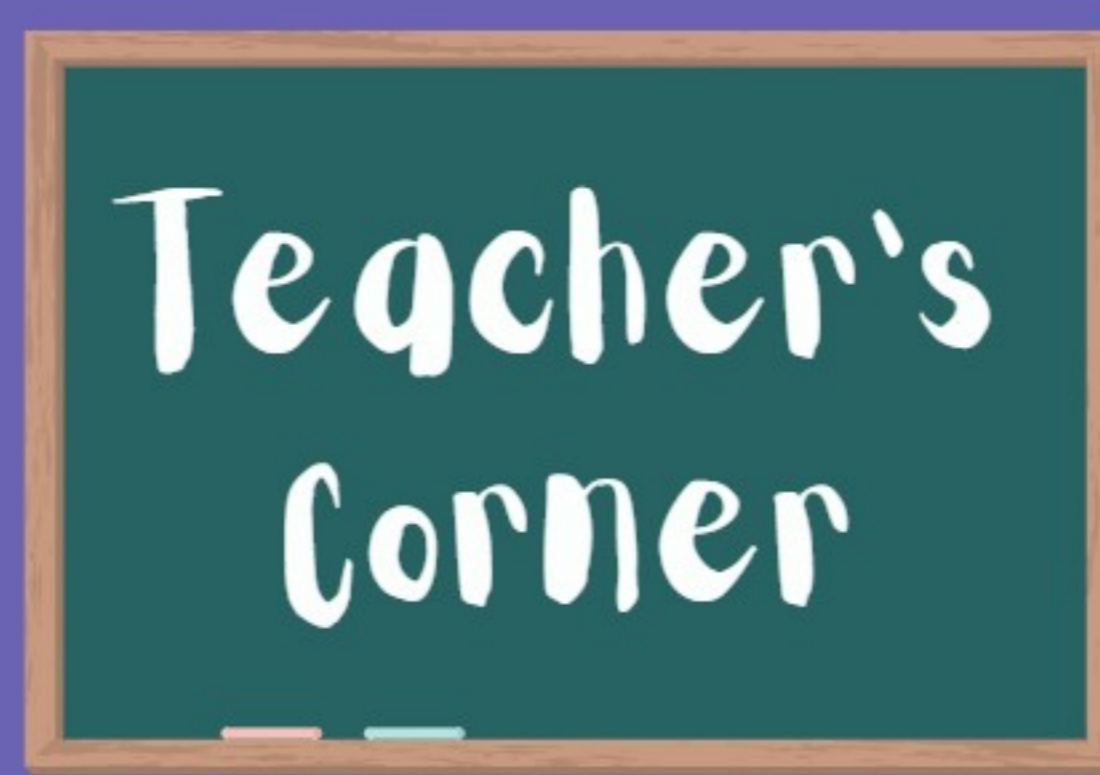
Meet Our Alumni



It's often said, "School days are the happiest time of your life—make the most of them, because adulthood brings a lot more responsibilities," and honestly, I believe every word our parents and teachers told us. My time at ANA was a truly golden chapter—filled with laughter, friendships over shared tiffins and corridor banter, self-discovery on stage and field, and lessons that still quietly guide me. The staff were the heartbeat of the school: inspiring teachers and our principal who believed in us even on tough days, PE sirs who turned drills into confidence boosters, the canteen uncle and aunty who knew exactly which snack would cheer us up, peons and security guards with their warm morning smiles, and the librarian who always found the perfect book. Festivals brought the campus alive—Diwali rangolis, Ganesh Chaturthi aartis, energetic Navratri dances, Republic Day pride, and emotional Teachers' Day celebrations with handmade cards.

Sports Day with Ruby House was electric, Annual Day pure magic, and moments like playing Matilda in the exhibition, inter-school events, in-house competitions, evening practices, school trips, and intense board preparations shaped us with teamwork, courage, and joy. Cracking tough papers, celebrating after exams, and that final walk out of the hall felt victorious. ANA gave me more than education—it gave me confidence, memories, and a nostalgia that still makes me smile. This is the speech I wish I had given at farewell—the words I carried in my heart but couldn't voice back then. If I could stand there once more, I would say this to every teacher, staff member, and friend: I will miss these golden days. Thank you, ANA.

— **Mahekk Mehta**



Where Chaos Meets Curriculum

There is a myth that teachers remember toppers and rank-holders.
We really don't!

What we remember is "that moment". Mine happened on a certain Wednesday while explaining a concept: Absurdism and Existentialism. I paused, waiting to see what blooms after this wonderful explanation. Nothing bloomed!! All 28 eyes stared back at me with the same lost expression. I had researched so much and curated PPT to impress my Gen Z audience but my part was not landing.

Just then someone raised their hand and queried, "Ma'am is this one of those concepts we're meant to experience before we understand?". This led to a series of questions that enabled all students to participate. The room broke into laughter. Honestly, I found that comment wildly deep and witty. I thought perhaps, the topic requires more life experiences to discuss the grey shades.

And then something unexpected happened.

The 'Confusion' became 'Conversation'. Students started explaining the idea to each other in their own language. That day taught me that teaching is about lighting small but stubborn fireworks in busy minds that don't always explode on cue.

We ended the class without a conclusion. But the room felt full. Sometimes, the most successful lessons don't end with 'clarity' but with 'curiosity'. The same students, a few weeks later, built interesting global issues for their IB oral exam model citing strong evidence on Absurdist and Existential literature.

Gen Z forces us to learn new strategies because old ones do not work. They make it clear: yesterday's strategies don't survive today's classroom because nostalgia doesn't count as pedagogy.



Ms. Niyati Mehta
IBCP English Teacher

Act of Kindness

**We Should Always
Help Others**



On my birthday in 2013, my grandparents planned a special surprise.

We traveled for a few hours and reached a cow shelter. Instead of a party, my grandparents celebrated my birthday by feeding cows and donating money. I felt very happy and proud that day.

This experience taught me that birthdays are not just about celebration, but also about kindness and helping others.



**Ryansh Dayana
VII-D**

ANA BOOK CLUB

PRE- PRIMARY SECTION



THE CHILDREN AND GRANDMA GO SHOPPING IN TOWN FOR DAD'S BIRTHDAY. THEIR TRIP TURNS INTO A FUN MIX OF CHAOS AND A LITTLE CRUNCH ON THE WAY, BUT IN THE END, THEY FIND THE PERFECT SURPRISE FOR DAD. 🎁 ✨

Read Crunch
A fun book that makes reading enjoyable while helping children build their language skills. 📖 ✨

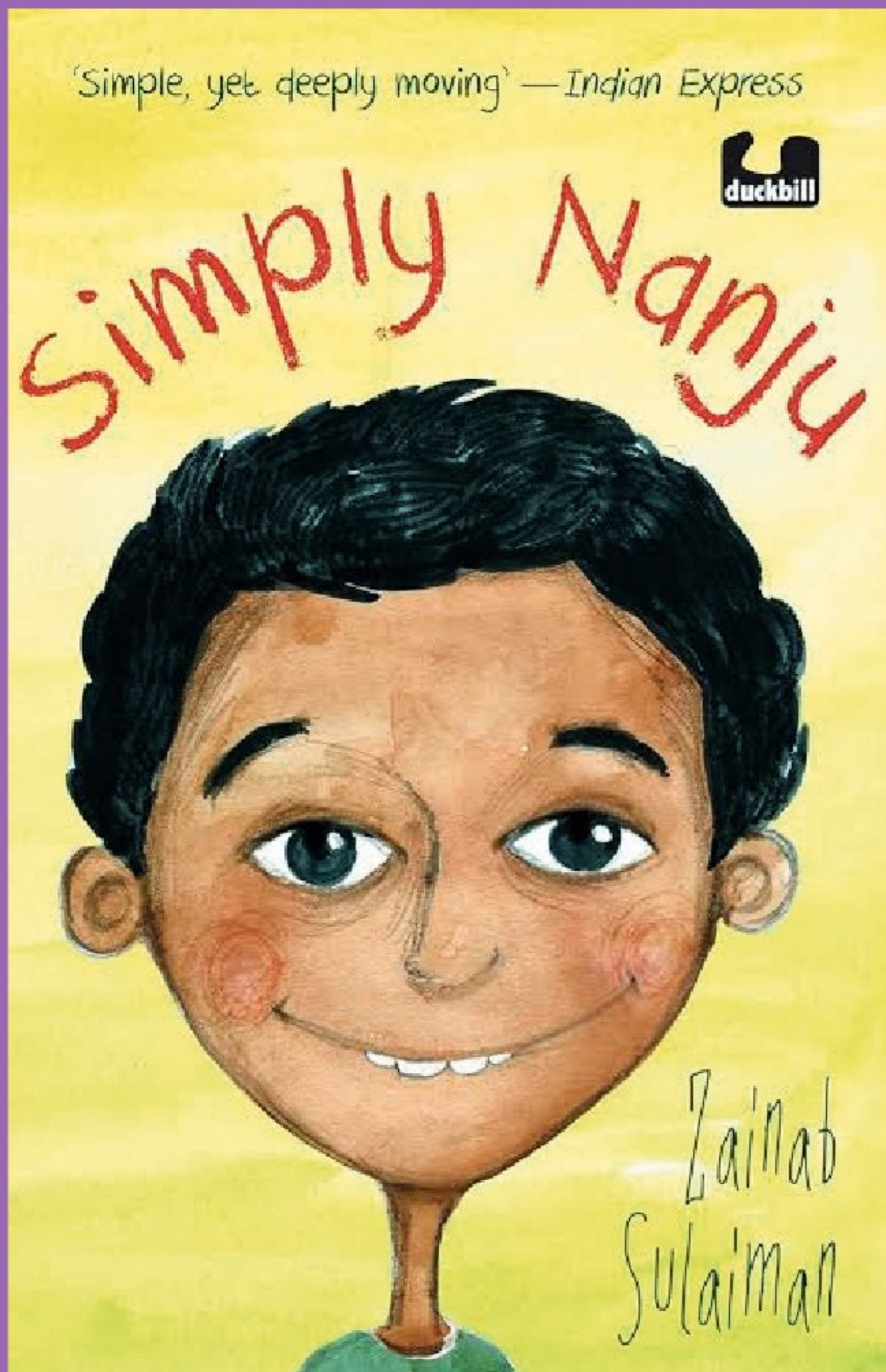


✨ GOOD NEWS! YOU CAN FIND THE BOOK CRUNCH IN OUR SCHOOL LIBRARY!

ANA BOOK CLUB



PRIMARY SECTION



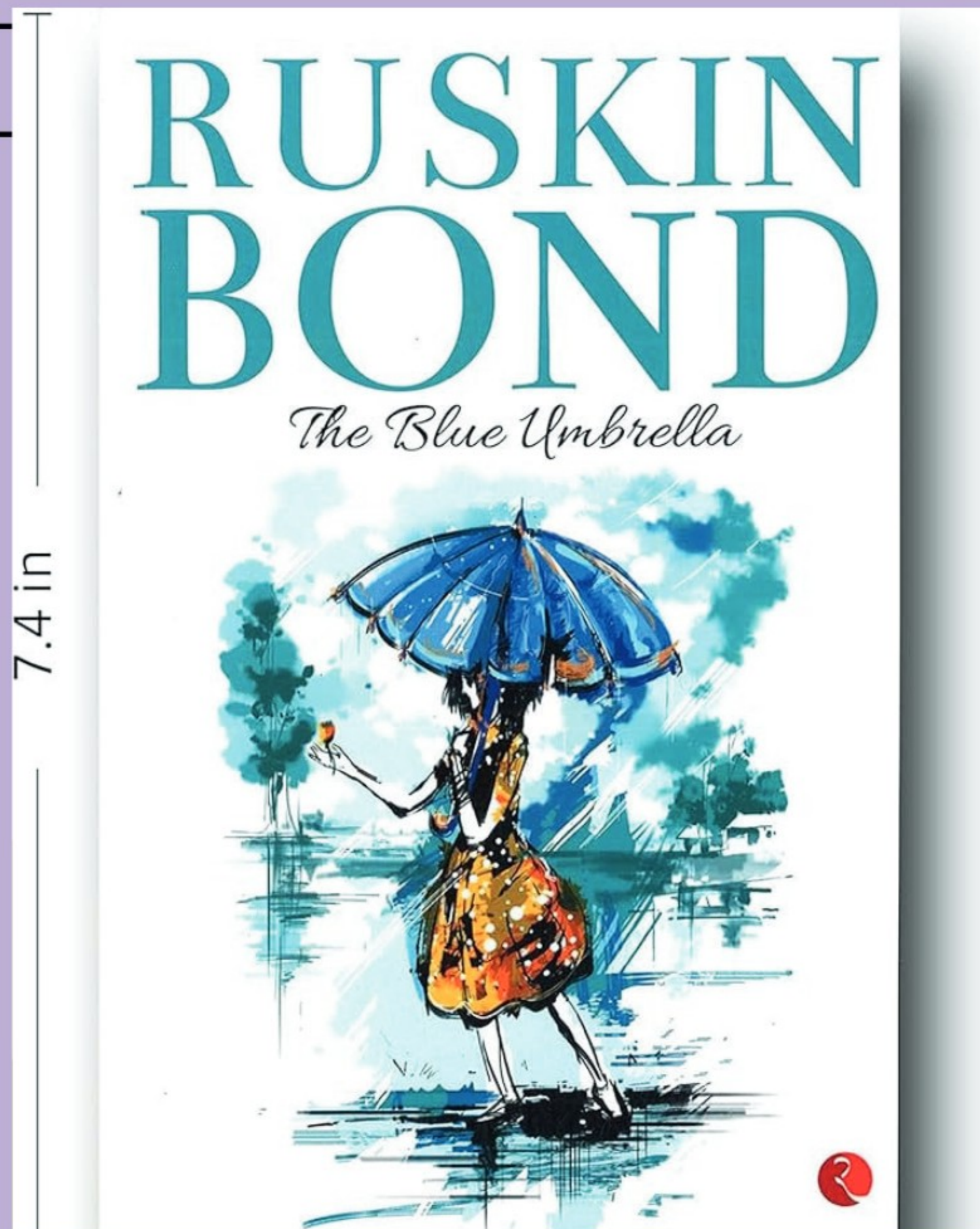
Nanju is a cheerful boy who was born with a curved spine. He goes to a school where all the students have different abilities. When a set of books suddenly goes missing, Nanju's friend is accused of stealing them. Nanju decides to become a detective to find the real thief and clear his friend's name!

- **Cool Mystery:** It's an exciting "whodunnit" story that keeps you guessing until the end.
- **Very Funny:** Nanju is a witty character who makes the story fun to read.
- **Heartwarming:** It shows that even if you look or walk differently, you can be a hero and a great friend.

**AVAILABLE NOW IN OUR SCHOOL LIBRARY – COME
PICK YOUR FAVOURITE STORY TODAY!** 📖 ✨

ANA BOOK CLUB

SECONDARY SECTION



It is the story of a little girl named Binya, who lives a simple life in the hills and is, one fine day, fascinated by a blue umbrella. She trades her most precious belonging for that umbrella and carries it everywhere with her. Little does she know that there are others who have their sights pinned on that fancy plaything which she just won't part with. That's how we come to know about the village tea shop owner, Ram Bharosa.

The story is one of loss, greed, loneliness and love which binds these two characters forever.

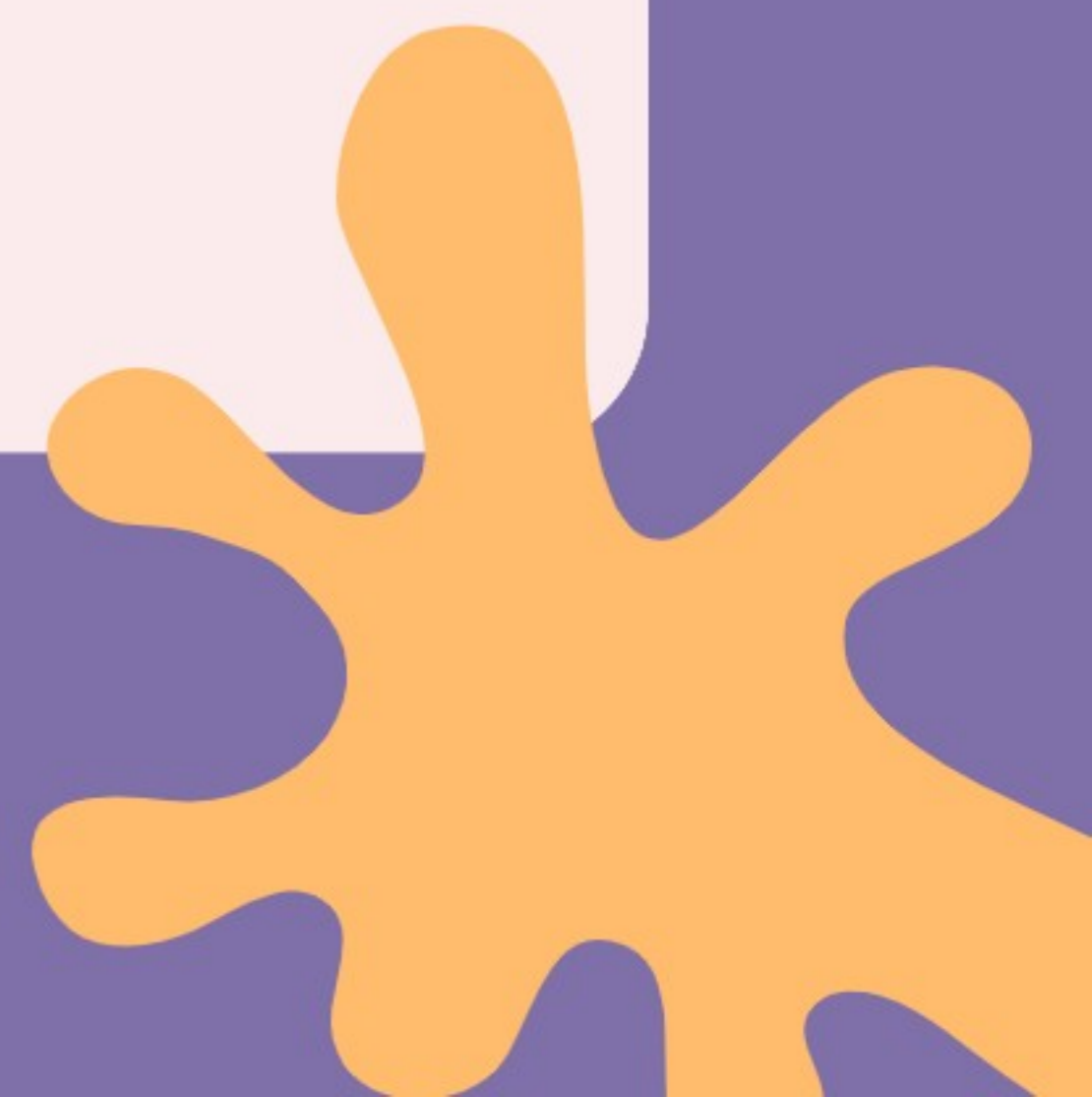
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Art Corner



Prisha Mehta

Grade : 2 A

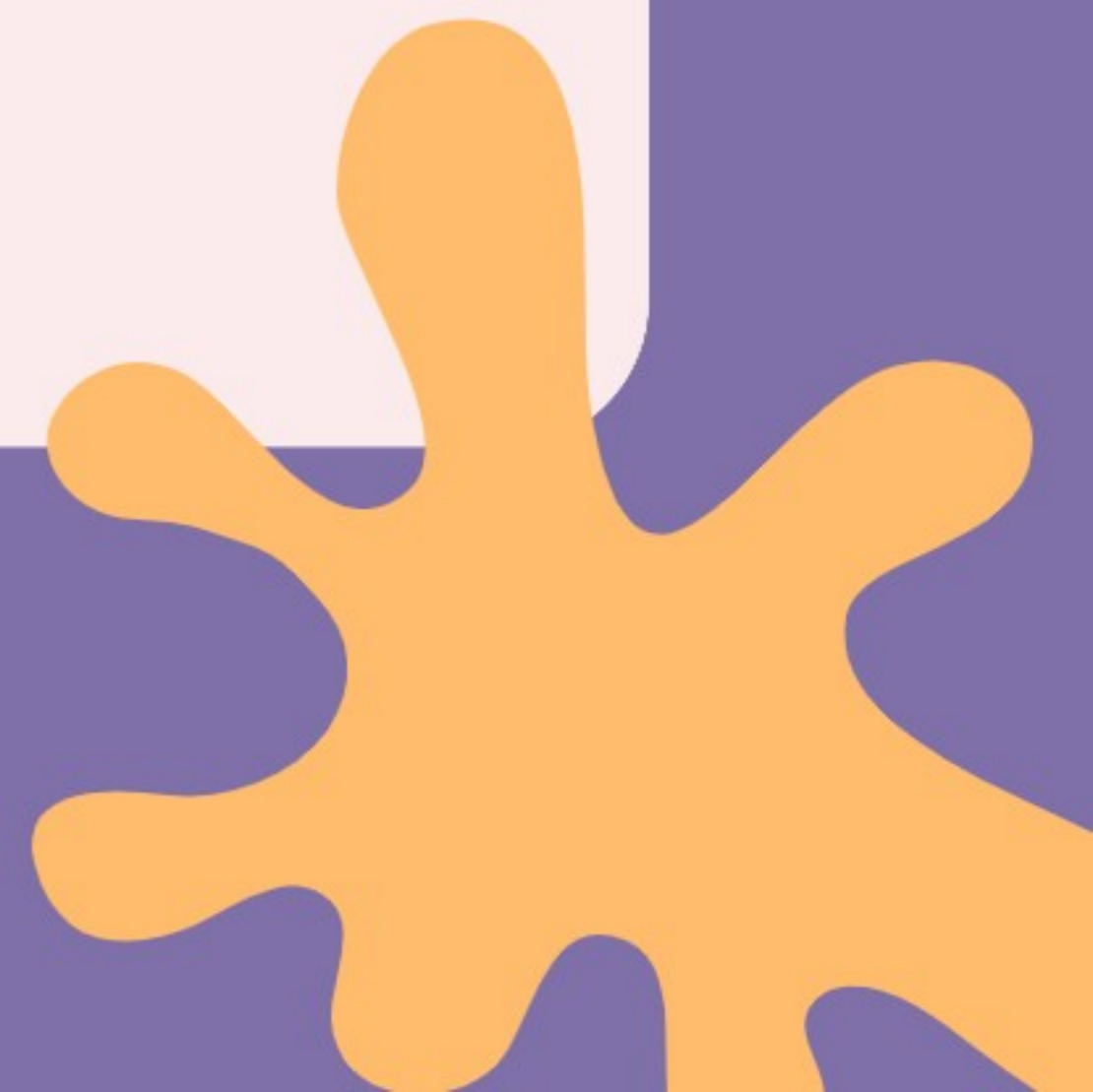


Art Corner



Khwaish Shah

Grade : 5 E

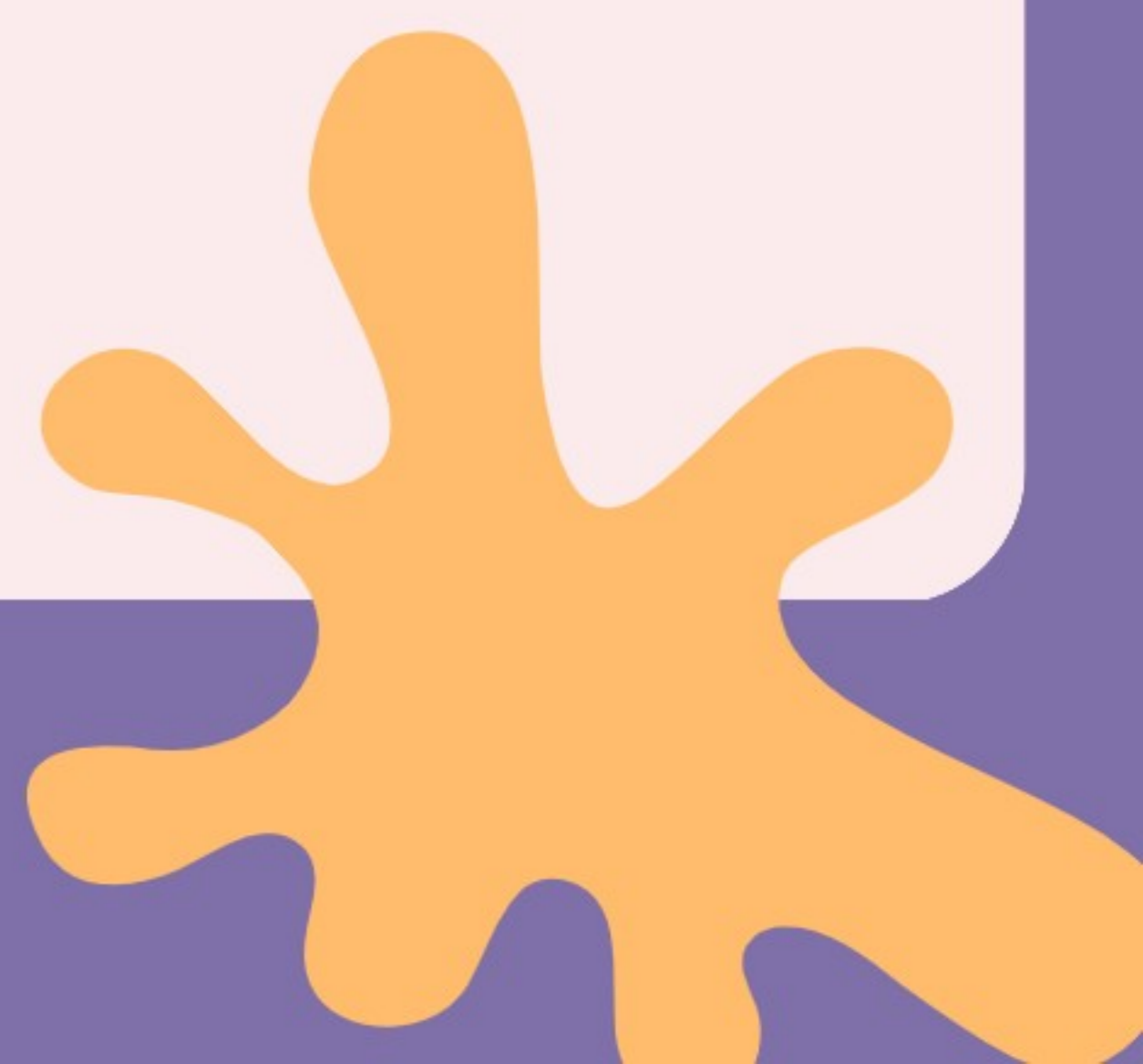


Art Corner



Ishika Shah

Grade: 2 A



Art Corner



Shivaan Jadav

Grade: 2 A

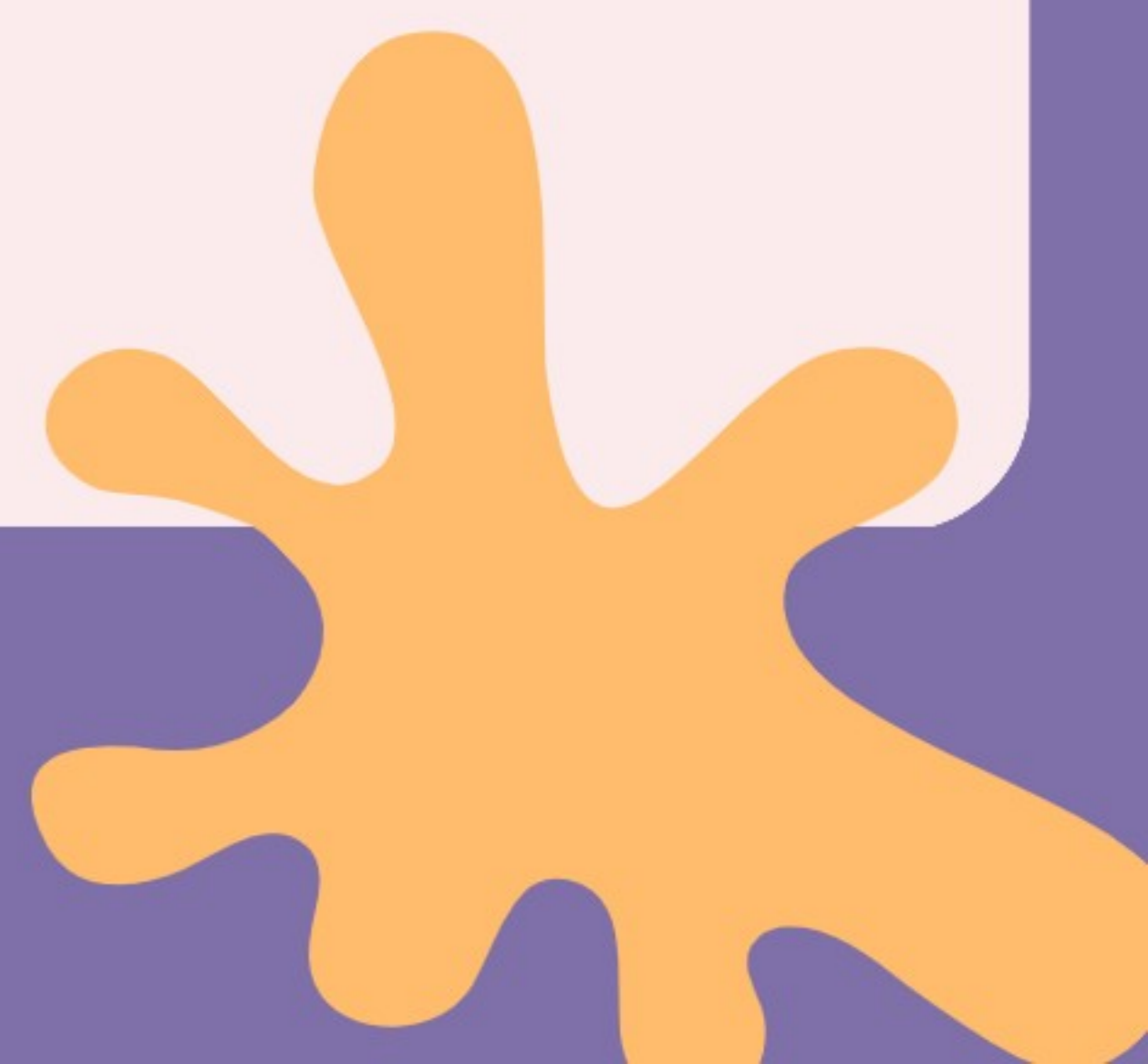


Art Corner



Kavya Gaikar

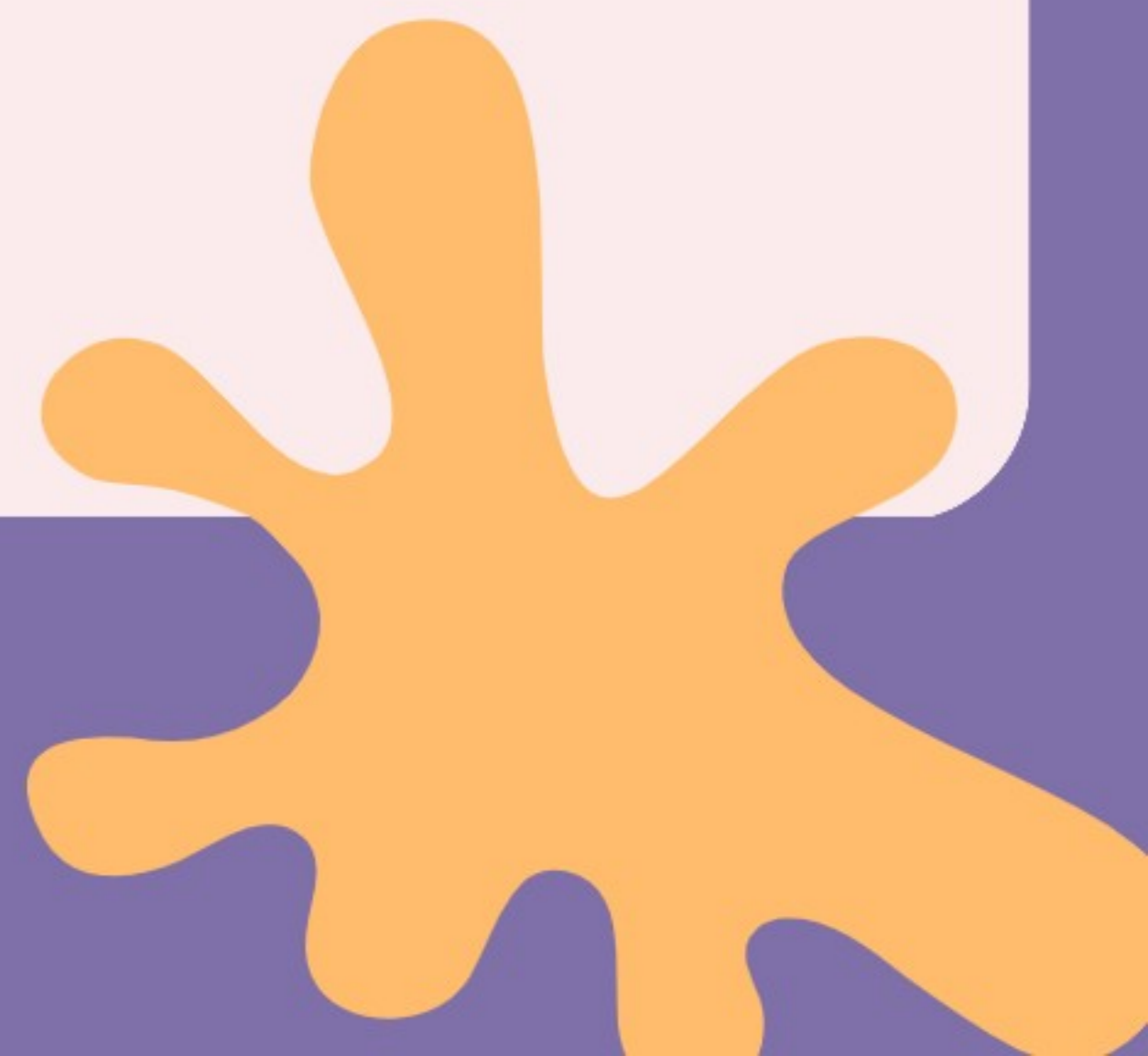
Grade : 5 E



Art Corner



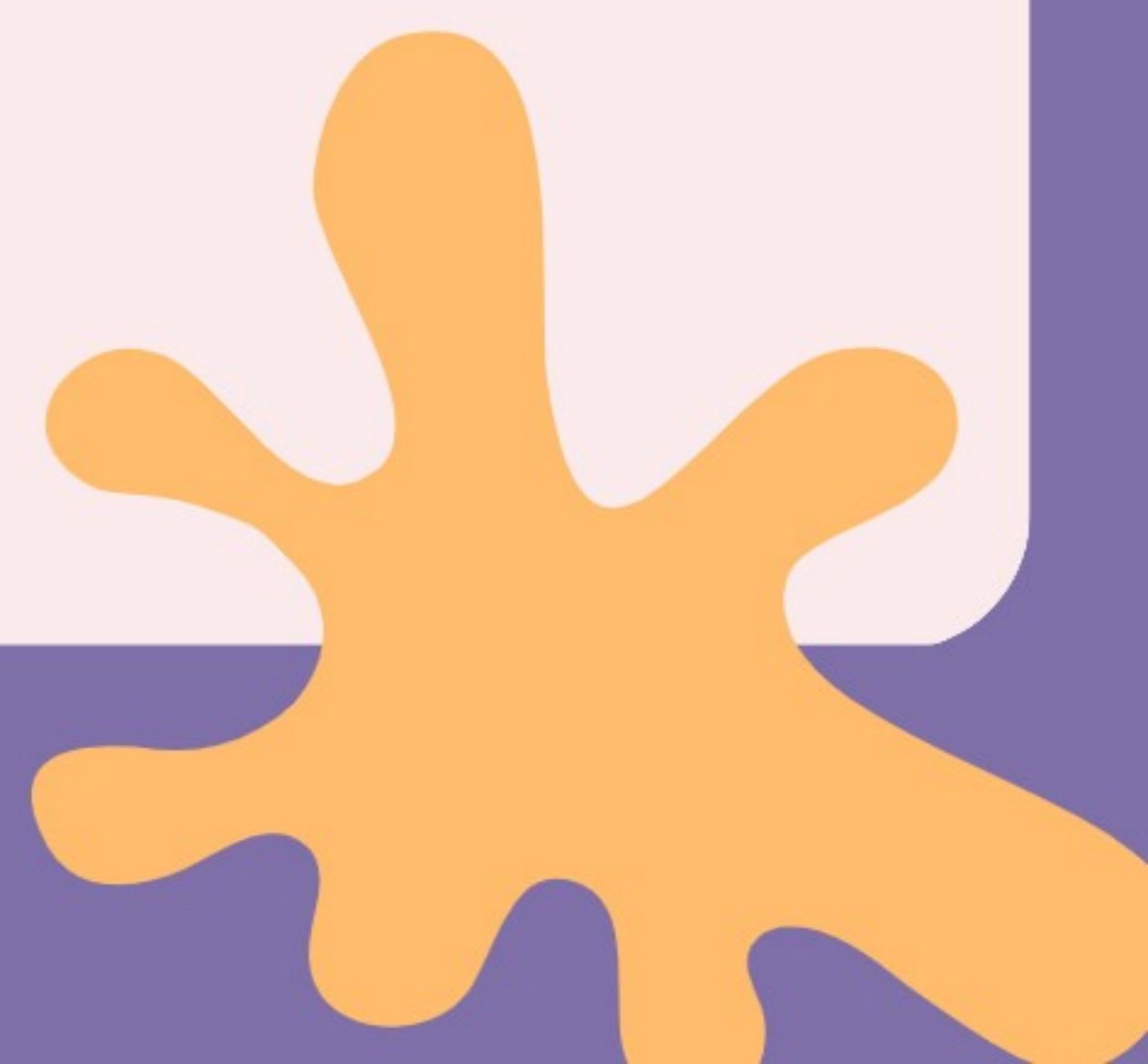
Bhavin Patel
Grade : 2 A



Art Corner



Aadhya Patel
Grade: 2 A



Activity Alley



Sweet learning in every bite 🍬



Little shoppers, big conversations 🛒💬



“Where numbers met real life and learning met teamwork.” 🤝💰📊

Activity Alley



Healthy bites, happy faces, and learning on every plate 🥗😊



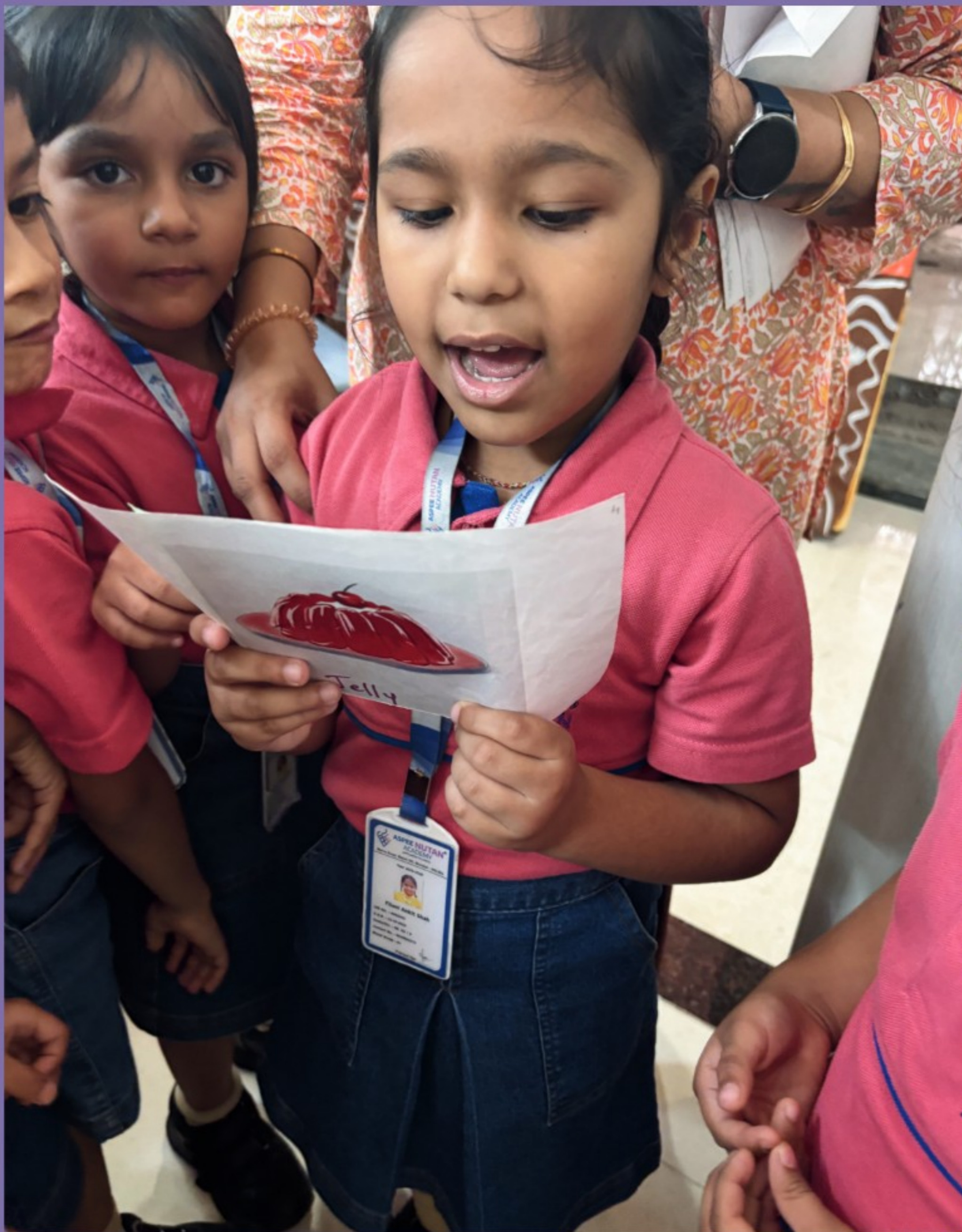
Little chefs mixing health, happiness, and hands-on learning



“Where science meets smiles and healthy choices begin.” 🥗🔬

Eventful Moments!

Pre - Primary Section
Treasure hunt day
SR. KG



Eventful Moments!

Pre - Primary Section
Treasure hunt day
JR. KG



Eventful Moments!

Pre - Primary Section Medical camp



Eventful Moments!

Primary Section Book Fair



Eventful Moments!

Primary Section Over Night Camp Grade 3



Eventful Moments!

Primary Section Author Visit Grade 4 & 5



Eventful Moments!

Primary Section Medical Camp



Eventful Moments!

Secondary Section Medical Camp



Eventful Moments!

Secondary Section Math Pirates



Eventful Moments!

Common Event Republic day



Eventful Moments!

Common Event Swadeshi Mela





Thank you